



Serves: 4

# Wok-Fried Asparagus with Honshimeiji Mushrooms

## Ingredients

- Asparagus, cut into pieces 400g
- Honshimeiji mushrooms 100g
- Garlic, chopped 3 cloves
- Chilli padi, chopped
- Black Fungus 20g
- Salt, to taste
- Sugar, to taste
- Soy sauce 1 tbsp
- Flour 6 tsp
- Sunflower oil 2 tsp
- Water 2 tbsp

### Tips:

- Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce the amount of nutrients in vegetables.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk for some cancers.

## Method

- Soak black fungus overnight until soft.
- Blanch asparagus and set aside.
- Add seasoning in a bowl, mix with water and 6 teaspoons of flour. Mix and then adjust for taste.
- Heat oil in wok and then add chilli padi and garlic. Add black fungus, asparagus and mushrooms, and then stir-fry.
- Add seasoning and continue to stir-fry. Serve hot.

### Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 81kcal  
Protein 4.1g  
Total fat (g and % of total calories)  
2.9g (29.2%)  
Saturated fat 0.3g  
Cholesterol 0mg  
Carbohydrate 11.8g  
Dietary Fibre 4.1g  
Sodium 356mg